

UNITY DAILY WORD

A PAGE OF INSPIRATION FOR EACH DAY



HAPPINESS
HEALTH
PROSPERITY

May, 1932

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April 20 to May 19

I see myself, as God sees me, sane, wise, triumphant Spirit.

I see myself, as God sees me, strong, healthy, buoyant Spirit.

I see myself, as God sees me, successful in all my undertakings and prosperous in all my ways.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold yourself as a son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

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THE MERCY OF THE LORD

Peace be unto you! Your Lord hath laid down for Himself a law of mercy; so that if any one of you commit a fault through ignorance, and afterwards turn and amend, He surely will be gracious, merciful.—*The Koran.*

THE PAST

When you start upon the journey
Which begins with each new day,
Feel that yesterday's will surely be surpassed;
But be careful with your baggage,
That it's only what you need,
Pay no excess on the burdens
Of the past.

Start out fresh upon this journey
Which begins anew each day,
Sort the memories you have gathered first and last;
If they're good, be sure to keep them,
If they're bad, don't fail to leave them
Where they should be, with the rubbish,
Of the past.

Just remember that a pitcher
Filled with water can't hold wine,
Let the bugaboo of worry be unmasked;
Crowd the bad thoughts out with good ones,
Leave disaster with the dead ones,
Nothing's coming back to get you,
From the past.

Go to work! The hour is ready,
Use the present while it's here,
Turn the moments into treasure while they last;
Tomorrow will be coming,
But right now you have today,
And you can't go back and use it,
When it's past.

—J. E. Tidwell

THINGS GOD CANNOT DO



EVEN THOUGH we think of God as omnipotent, able to do all things, we must concede that there are some things that man can do and that God cannot. Man can behold evil, he can sin, he can think hate and fear, he can manifest disease, he can bring about death. He is able to do such things because he can sink to a certain level of consciousness in which he recognizes adversities. Divine Mind is the perfect consciousness of Truth, life, and love, and can know nothing that is the opposite of itself.

To man who in ignorance of Truth has many gods—gods of evil, sin, disease, and failure—comes the voice of the Divine: "Thou shalt have no other gods before me"—"thou shalt not bow down thyself unto them, nor serve" any gods of adversity. When he thinks of evil or disease as having presence and power over him, he becomes enslaved to it. The voice of the Divine alone can set him free.

In the Bible, God is defined: "Thou that art of purer eyes than to behold evil, and that canst not look on perverseness." God is unable to behold, look upon, or recognize evil, sin, disease, or death. If God could know, see, or recognize these as realities, they would be such. Man could not escape from these by prayer or any other means if, in the sight of God, they were eternal verities. Man's escape from adversity of every description lies in the fact that it does not exist in Divine Mind.

Throughout the Old Testament are to be

found such passages as this: "I make peace, and create evil; I am Jehovah, that doeth all these things." Here we have evil, always elusive of all explanation, imputed to the power of Jehovah. Since evil seemed to man to have presence and power, there was no other way to explain it but to classify it under a general head that signified omnipresence and omnipotence. In an age of considerable ignorance regarding mental and physical hygiene, no doubt when a person made himself ill he thought that Jehovah had created the condition. Today, if even the smallest child acts in disobedience to certain physical rules about health, he knows that he himself brings about the resulting physical discomfort.

Because of their belief in a dual-minded God, the ancient Jews remained in a state of dual-mindedness. They thought of God as knowing, seeing, and recognizing evil, disease, and death to be just as much something as was good or health or life. Their prayers were unavailing because they could not ascend beyond the false realization that evil and disease were something, something in the mind of Jehovah, something that He had created—He whose creations endure from everlasting to everlasting.

In the book of James we read: "Let no man say when he is tempted, I am tempted of God; for God cannot be tempted with evil, and he himself tempteth no man." Certainly, there would be but one way in which God could tempt man, and that would be through spreading the

propaganda of evil, through representing evil as something present, real, and true. Here we have something else that God cannot do: He cannot disseminate evil thought. Man can think evil and scatter it abroad; God cannot. Man can lead his fellow man into ways of sin, but God can only lead men into paths of good.

God as love cannot know hate and fear. God as life and health cannot destroy life or create disease. God as plenty cannot produce lack. Man, in going the way of ignorance and selfishness, can bring about evil, disease, and poverty. He may live in these for a time but, when he turns to God, turns to the consciousness of life and good and plenty, he beholds the omnipresence and omnipotence of these to the exclusion of evil, disease, and lack, which then disappear from his world.

God cannot compel man to accept a realization of His Truth, but through His love He can draw man to Him. The things that man can do, but that God cannot, belong entirely to the world of illusion, the illusory world formed by man's dual-mindedness and his adverse thought. That which man can do—to think and to form evil and disease—soon passes away, but the work of God endures forever. Man really does nothing when he does these things. But even in doing them he is brought nearer and nearer to the realization of God's omnipotence. When He accepts the Truth of God, he can do all things through Him. He can cause good and health and plenty to appear.

THE MIRACLE CONSCIOUSNESS



OW ARE miracles performed? By having the consciousness that in Truth nothing that happens is miraculous, but that so-called miracles come about through the simple working of a higher law. Those who have accomplished that which others believed to be miraculous have done their work in what seemed to them a perfectly natural manner, with no thought that anything out of the ordinary had taken place.

Even the miracles of apostolic days might be considered quite commonplace today to those who understand laws that in former times were understood by only the few. We can see that enlightenment means much, and that an understanding of higher laws puts us in a position to understand those manifestations which come about through the operation of laws that govern realms higher than the material. A modern civilized white man going into a community of wild, uncivilized, uneducated natives of islands in the South Seas could display some of our most common inventions and be looked upon as a miracle worker. The magic of the white man would discredit, to a great extent, these islanders' tribal beliefs in the miraculous.

Those who live in a certain material state of consciousness think that everything that takes place must be explained as a result of the action of material law. If a material law does not explain it, then it is fraudulent. On the other hand, if it cannot be denied a legitimate appearance, then it is labeled miraculous.

Very often, for instance, if healing cannot be explained by the principles of allopathy or some other generally accepted school of medicine, it is discredited as the work of charlatans.

From the writings of many generations ago comes this teaching: "The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death." We are led to believe that on a certain plane there operates a law based on material appearances, such as evil, sin, fear, failure, death. We can see that a certain chain of cause-and-effect is produced by belief in this so-called law. Were we to believe that there is no higher law, no higher plane, we should be bound to the wheel of sin and death. Jesus came into a world in which no law was recognized but the law of sin and death. No doubt, when He began teaching that there was something that would set the people free from this law, He was considered a mountebank.

All the miracles that Jesus performed, all the cases of miraculous healing since the time of His physical appearance, all the numberless answers to prayer, disprove all false belief that there is nothing beyond or higher than the so-called laws of matter, laws of sin and death. The laws of the three-dimensional world lose even their character of law when man is conscious of the operation of the higher law, the law of the fourth-dimensional world, the law of heaven, "the law of the Spirit of life in Christ Jesus." The law of the material, the law of the

physically explainable, gives way to the law of Spirit, which is unexplainable according to material standards.

Operating in conjunction with the law of Spirit is the work of Truth and love. There are many cases wherein life has been despaired of, wherein the law of sin and death seemed to be working with unyielding power, but wherein Truth and love set free the seeming victims of sin and death. Truth and love are miracle workers. They work in defiance of all explanation from the standpoint of material appearances and values.

If according to appearances evil conditions in your life—disease, inharmony, failure—seem to be irremovable according to every known material remedy, just perform a miracle. Do not, however, think of your work as miraculous. Just realize that through your higher understanding the “white magic” of heaven is performed. Calmly and assuredly realize that Truth and love set you free from the appearance of sin, disease, failure, and death.

The miracle-working Christ is as active in your life today as when He appeared in the physical, centuries ago. When you work through Truth and love, you are conscious of His presence and power. You will cease to try to reason things out according to the law of appearances when you enter the miracle consciousness, the consciousness that there are no miracles.

THEY WHO OPPOSE THEMSELVES



HEY who oppose themselves think against their highest good. They mesmerize themselves into believing that they are something that in reality they are not. They believe that they are under bondage to ignorance, hate, fear, disease, and failure. They oppose themselves by setting up an adverse mental state with which they must cope while hoping to succeed.

In Paul's writings we find: "The Lord's servant must not strive, but be gentle towards all, apt to teach, forbearing, in meekness correcting them that oppose themselves; if peradventure God may give them repentance unto the knowledge of the truth." The thought that causes men to oppose themselves must be corrected by substituting for it the knowledge of Truth. The belief that causes them to think contrary to their highest good must be replaced by knowledge of higher Truth.

There are two ways of correcting another who opposes himself: the open way and the silent way. Since a person whose thought needs correction is in an adverse state of mind, very likely he would not welcome an open correction. Certainly his negative attitude would not countenance his being "preached at." Our best chance of success with him, therefore, lies in silent prayer. In this way we do not attempt to force him to our way of thinking. We just realize his freedom from the enslaving thought, the thought that makes him oppose himself. We realize his freedom to give expression to

the Spirit of good within him. We help him correct his adverse thinking when we help to set him free from all sense of bondage.

They who might succeed oppose themselves when they think that they can fail. They who could rise to the consciousness of perfect health oppose themselves when they believe in weakness and disease. The Truth that Jesus brought to suffering humanity is the Truth that corrects humanity's adverse thought.

In Christian metaphysics we give considerable thought to mind and to Truth because we realize that only in mind can the regenerating process take place. Those who have believed in the power of adverse forces must reëducate their thinking processes to believe in the power of God. The study of Truth is educational.

Are you one of those who oppose themselves? Do you have deep convictions that you are in bondage to some person or thing, that there are things that you cannot do, goals that you cannot reach? There is but one way to set yourself free, and that is through correcting your thought. If in your household there is one of those who mentally work against their own highest good by thinking negative thoughts, you can help that one by confidently and silently thinking of him as free. The Christ comes to that one's aid when the Christ in you helps to set him free.

GOD'S HALF DAY



TO THE DESK of an editor of a metaphysical magazine come many interesting letters, comments, booklets, and poems. Recently a number of persons have told us how they have enjoyed learning how some of our students apply Truth teachings. The article, "God's Private Secretary," in the January issue, proved to be quite popular. Among the letters that came in, we find this good report from a student in Boston:

I read about the woman who became God's private secretary, and did so, too. I took a page for each day and gave all my troubles lovingly into the hands of the Father. Did He hear? Well, I will say that He did. The lump in my breast and the pain disappeared like magic. Now daily I, too, am one of God's private secretaries, and troubles like bubbles fade away.

One woman tells us that from Gandhi's practice of devoting a whole day to silence came the plan of having a "God's half day." She plans the duties of her household and her social obligations so that she has this half day for reading, silence, prayer, and treatment. Throughout the week she keeps a little memorandum of matters for attention. She gathers together metaphysical articles and poems that especially contribute to the occasion. When the time comes she goes to her upper room in the spirit of a retreat from problems of the week in order to find their solution.

The idea was presented to her by the Bible passages: "Come ye yourselves apart into a

desert place, and rest a while," and, "Could ye not watch with me one hour? Watch and pray." Possibly out of this new practice will develop mystics and sages of a new day. No doubt there are many conditions in it favorable to good results. Her dedicating the time and herself to God is of first importance in this woman's plan.

The modern tendency to make Sunday a day of festivity and guests almost excludes that day as favorable for holding silence, giving treatment, and reading. Those who can so arrange their time that they can find a half day during the week for such a purpose are fortunate indeed. Naught but good can come from such a practice. Spiritual development alone can result. This plan, reënforced by the usual tendency of Unity students to spend about thirty minutes each morning on the *Unity Daily Word* lesson, should bring most satisfactory results.

Adaptations of this plan for God's half day could be made for those unable to follow the idea described. Possibly you would like to try the plan of modifying the idea so that you could use it for every half day. For instance, every morning have a silence for twenty or thirty minutes, going over the work or appointments that you have for the morning. Have another short silence just after lunch, taking up for prayer and blessing such tasks as may need to be performed during the afternoon. A plan such as this will help to bring your life and your work under the direct blessing of God.

*I have faith in the power of God
in the midst of me to free me from all
doubt of the power of good.*



HAVE FAITH that God within me is now causing Himself to be expressed and felt in every part of my world. As I increase in faith in Him, my doubt and unbelief will decrease. As my faith in the power of good increases, I cannot believe that God, the good, can be absent from me or apart from my life.

I have faith that God as love is now removing every trace of fear or hate from my mind and my life. Through this faith, I no longer believe in fear or hate or entertain any thought in which either of these plays a part. I have faith in the power of love to cast from my heart every fear.

I have faith that God in the midst of me can solve every problem that needs to be solved. I do not doubt my ability to do all things when I work in His name. Doubt cannot enter my mind when I have faith. Thoughts of unbelief cannot lodge in my mind when I know with unswerving trust that God alone has reality, being, and place in my life.

I have faith in the power of God to deliver me from belief in disease.

Great is thy faith: be it done unto thee even as thou wilt.—*Matt. 15:28.*

MONDAY, MAY 2

*My consciousness of spiritual Truth
frees and delivers me from every be-
lief that sin, evil, or disease can hold me
in bondage. I am free!*

I AM NOW delivered from all thought that adversity of any kind can hold me in bondage. I know the might of God, the good. I realize that when I turn to Him and His presence within me I cannot be in bondage to any external thing. My freedom comes from my clear realization that I am free in mind, soul, and spirit.

I know that man can be in bondage only to the extent that he believes himself to be. Knowing this fact, I drop from mind all beliefs that would bind me to limitation—beliefs in evil, fear, disease, and failure. I take the first step to freedom when I establish freedom in my consciousness.

I rejoice to know that in all this world there is nothing to hold me in bondage. I accept the message of freedom that Jesus gave to humanity. I know that the great message of Christianity is that of man's freedom from adversity, his freedom in Christ. I know that through establishing the realization of freedom in my consciousness I am becoming free in all ways. I am no longer in bondage.

Proclaim liberty to the captives, and the opening of the prison to them that are bound.—*Isa. 61:1.*

TUESDAY, MAY 3

I do not permit myself to worry or to be anxious. Instead of worrying, I trust in God.



AM no longer given to the habit of worrying. I do not doubt the outcome of my affairs. I do not believe that adversity will come to me. I cease to worry; instead, I trust in God.

I know that to worry is to show lack of trust. To believe that God's help will be withheld or delayed is to fail to know God as He is. I realize that worry is a habit of diverting thought into unwise channels, and I seek to discipline my mind so that I think just as God would have me think. I deny any place in my mind to worry.

I know that my decision not to worry is enforced by the will of God. There is no reason for me to worry. I cannot be anxious about myself, my life, my business, my home, and my loved ones when I place myself and all these in God's loving care. In spiritual consciousness, in the realization of my oneness with all good, there is no anxiety or worry.

I do not think of events of the future as bringing chaos, disappointment, or failure to me. I do not think of other persons as having power over my life.

Cast thy burden upon Jehovah, and he will sustain thee.—*Psalms 55:22.*

The goodness of God fills me, my mind, my body, and my life. God, the good, is omnipotent.



GOOD, now appearing in my life as God expressing Himself, is delivering me from the race belief in the permanence and power of evil. Since good is of God, nothing in all the world can oppose it or defeat its action. The race belief in evil cannot cause me to think less of the omnipotence of God, the good.

The Truth teaching that God alone exists helps me to realize that there is no other power in my life. Since good is the only reality, presence, and power in fact, then so-called evil, regardless of its guise, has neither presence nor power. Since God is omnipotent, the only power, then evil is rendered powerless.

As I meditate upon God, I get a clearer realization of the extent of His goodness. I realize that, since He is always good, good must always exist in my life to the exclusion of all else. I know with deep conviction that there is no other god, no other power, no other presence. God reigns supreme in all my affairs.

I now place myself and all that I have in God's keeping. I am assured that good alone will manifest in my life.

Glory and honor and peace to every man that worketh good.—*Rom. 2:10.*

The joy of Christ within me lifts me above all thought of sorrow and depression. In Christ, my joy is complete.



REJOICE to realize that my joy comes from Christ within me and from my knowing that I am at one with Him. I now turn away from all belief in sorrow and turn to Him. I cease to think of anything in all this world as having power to make me sad. I know that my joy is made full when I let Christ fully express Himself in and through me.

Persons and things of the external world do not have power to take my joy from me. They serve to increase my joy since, by turning from them to Christ, the source of joy, I am filled with joy. None of the little situations of the day can cause me to lose my joy. My joy is established in the heavens of the mind, and cannot perish.

I rejoice to know that Christ is in me, ever with me, always expressing Himself as joy in and through me. He establishes me in that joy which can never pass away. He rejoices within me, and I am lifted to heavenly joy.

In the joy of Christ I go forth this day, realizing that my soul shouts with joy.

Then will I go unto the altar of God,
Unto God my exceeding joy.

—Psalms 43:4.

FRIDAY, MAY 6

Love of God in the midst of me sets me free from hate and fear. I abide in love, and God abides in me.



LOVE as the movement of God within me is now rousing me to be loving in all that I think and do. As I love, I lose all thought of fear and hate. As I center my attention upon God, I cease to think of those persons, things, and events that have stirred up the feeling of hate and fear. I give my mind and my heart to God, and I feel Him filling them with Himself and His love.

God is within and about me, and I abide in Him. No unloving thought or experience can come to me while I live in His loving presence. No sense of fear can be experienced when I realize the omnipotence of His love. There can be no unloving thoughts in my world when I realize that God fills it to entirety.

God as love is mighty to transform my whole life. I am no longer unloving, since I realize that I am in the presence of God. I do not fear, since I realize that God is in my midst, ever with me. Love is ever at hand, ever filling me with itself.

I go forth this day infolded in love. All that I think and do will be at the bidding of love.

The lovingkindness of Jehovah is from everlasting to everlasting.—*Psalms 103:17.*

SATURDAY, MAY 7

The cleansing, purifying power of God is now cleansing and purifying me, restoring me to my original purity in Spirit.

IN SPIRIT, I am clean and spotless. In the light of Truth, my soul is white with the purity of heaven. Nothing in all this world can put a blemish upon Spirit in me. No experience of the past can affect the immaculate character of my spiritual nature.

The cleansing work of Spirit cleanses my mind of all belief in the power of the sins of yesterday. I am cleansed of all belief in the power of mistakes of the past. I know that in the eyes of Spirit I always have been, am now, and ever shall be the perfect child of God.

The purifying work of Spirit purifies my body of all belief in sin and disease. I no longer believe that disease can stamp itself upon my body. I know that in Truth my body is clean and pure. In Spirit, no impurity can abide within it. The cleansing, purifying work of Spirit is now causing me to know that mentally and physically I witness God's perfect activity in me.

Today I realize that I am now as I have ever been in Spirit. There is that within me which has never changed.

Of purer eyes than to behold evil.—*Hab. 1:13.*

I am eternally alive in the all-sufficient, never ending life of God within me.



THE LIFE of God is my life. I am never apart from it. I live in God. He lives eternally in me. As I meditate upon these truths, I realize that His life is always sufficient for every demand made upon it. I cannot lack life, I cannot be fatigued, I cannot be ill, when I am conscious of my oneness with His life.

I have a new concept of life, now that I know that I live in God and that He abides in my midst. I think of life as something from heaven, something eternal, something divine. Life, to me, is of God and, as I draw nearer to Him, I find myself filled with more life.

God's life is never exhausted. I have but to turn to His presence within me to be filled with life and to know that I, too, cannot be exhausted. As I open myself and become receptive to life, it fills me and I become God's manifestation of life. I need but to open my heart to Him in order to feel His presence. I have but to meditate upon life in order to have it expressed in all parts of my being.

As the Father hath life in himself, even so gave he to the Son also to have life in himself.—*John 5:26.*

MONDAY, MAY 9

As the temple of the living God, my body is filled with light, life, and health.



HERE IS no place in my body for sin, disease, or weakness. It is the temple of God, His body, His holy habitation. I cease to think of it as a material body or as under laws of matter and disease. I know that as God's temple it is filled with His presence—the presence of life and health.

My body is the embodiment of all that is like God. Divine Mind manifesting in visible form embodies itself as life, health, and strength in my body. No false belief of the race man can be outpictured as disease upon my body. No thought of weakness or physical limitation can be expressed in God's holy temple.

I give up all thought that I am limited physically in any wise. I know that my body is under the law of health and perfection. No material law can have dominion over my body. No belief in physical limitation can cause my body to be transformed into a thing of disease or ugliness. I know that in the light of Truth my body is beautiful and perfect.

I bless my body, knowing full well that it is a temple divine. God fills it with His presence, and I am conscious of my own health.

Thy whole body shall be full of light.—*Matt.* 6:22.

*I begin this day as a new life, with
new viewpoints, new opportunities.*



NEW IDEAS fill my mind, and I am charged with the sense of newness. Old, crystallized, and useless ideas now give way to new, vital, and creative ideas. My mind is refreshed because I think new thoughts. I grasp new opportunities. I live in a new world.

I begin this day freed from those old ideas which have held me in bondage. I need no longer think thoughts that I have outgrown. I am under no obligation to hold old and crystallized ideas. I welcome new thoughts, new viewpoints, new opportunities.

I go forth this day with new ideas in my mind, which will attract others of the same kind. The ideas that I entertain inspire me to new life. I enter a new world and live in a new day. No retarding influence of the past can keep me from realizing this fact.

New ideas are heaven-born. As I think them I contact the life and newness of heaven. I reach the upper realms of mind in which new viewpoints and new opportunities exist. I live in that consciousness in which the very spirit of newness lives.

He hath put a new song in my mouth.—*Psalms*
40:3.

WEDNESDAY, MAY 11

God, the law of good, the principle of Truth, is the basis of my life. My life is ruled by divine law.

GOD'S LAW is the foundation of my life. I do not believe that any law of limitation or adversity can have power over me or influence my life. I know that I as Spirit am not bound by laws of limitation. I realize that there is but one law in Truth, the law of God.

God is the principle of Truth underlying my very life. When I abide in spiritual consciousness, I cannot be ruled by any other law or principle. When I know Truth as it relates to my being I must realize that in Spirit there is no law but the law of God, the law of good, the law of life.

My life is ruled by God, His law, His principle, by which good is brought into my life in ever increasing measure. I cannot think of myself as under laws of matter and disease when I know this. I cannot believe in many laws, laws of both good and evil, when I realize that but one law is backed by the government of heaven, that law the law of good.

Since my law is based upon God's law, only success can come into my life.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.
—Rom. 8:2.

The Comforter



"In the multitude of my thoughts within me Thy comforts delight my soul."

Know That All Is Well



OMEWHERE in my heart exists the eternal truth that all is well. Ever has this truth about me and my life existed. Even when I have been tempted to think of myself as weak, afraid, or likely to fail, there comes the strengthening assurance of the presence of Christ within and about me, which whispers:

"All is well. Here am I. I am with you always. Be not afraid. You can do all things through me. I will ever comfort, sustain, and strengthen you. Let your joy be made full. Remember, all is well."

*I resolve to be patient in all things,
since I know that God is bringing good
into my life.*

I CAN be patient because I can trust in God. I free myself from the habit of impatience by increasing this trust. I do not try to hasten the work of God by fretting, since I know that in His good time He will cause good to appear.

I show my trust in God when I am willing to rest in patience, knowing full well that my highest good will come to me. I realize that nothing in all this world can conspire against God, delay His work, withhold His help. Through understanding this mighty principle of Truth, I lose all sense of impatience. I know that, even when I do not see God's work taking place, it is even then being done for my highest good.

I resolve henceforth to rise above the tendency to be impatient, by turning in thought to God. I resolve to seek and to behold His presence, and to realize that in the great universal plan He is providing for my every necessity. He will not permit adversity to come into my life when I trust in Him. He will not allow me to go uncomforted, hungry, or in need.

The Lord direct your hearts into the love of God, and into the patience of Christ.—*II Thess. 3:5.*

FRIDAY, MAY 13

Thinking thoughts of peace, love, health, and plenty, I am unified with the mind of Christ.



WITH THE MIND of Christ as my standard, I discipline my thinking until I think only thoughts in harmony with His mind. I know that in the mind of Christ, in Divine Mind, there are no thoughts of hate, fear, worry, disease, or lack. I unify myself with this mind through my consciousness of Truth, and I am conscious of peace, love, health, and plenty.

Unified with Christ's mind, I sever all relations with thoughts of evil. Christ abides in me. His mind inspires me to all that is high, noble, and exalting. Through thinking His thoughts I am lifted above things of limitation. Unified with His mind, I am at one with all good.

As I meditate upon the mind of Christ, I am filled with Christlike thoughts—thoughts of peace, life, love. These thoughts emanate from spiritual consciousness, and I am filled with the very spirit of heaven. I rejoice to know that I have broken the bond that identified me with negative and adverse thinking. I know Truth now, and I think thoughts that are founded upon Spirit and Truth.

Be ye transformed by the renewing of your mind.—*Rom. 12:2.*

The peace of heaven fills my mind and my heart, and my whole world is filled with peace.

ABIDE in the consciousness of peace. I know that nothing of the external world can take this peace from me. Neither person nor thing can prevent my realizing that peace abides in my mind and in my heart. In this realization I go forth this day, living in a world of peace.

Perfect peace fills my mind, since I realize that in all this world there is nothing that can take peace from me. I am filled with thoughts of peace. I think peace to the exclusion of all else. No thought of inharmony can invade my world. No belief that inharmonious conditions are real can keep me from knowing that only the peace of God is true and real.

As peace pervades my mind, so does it fill my body and my world. God's presence, the presence of peace, causes harmony in all my affairs. I live in an environment filled with peace. All that comes into my world must bring peace to me.

Abiding in the consciousness of God, I live in His peace. I live in the conscious realization that He reigns supreme over my world.

My people shall abide in a peaceable habitation.
—Isa. 32:18.

I leave all judgment to God, the Spirit of good judgment and divine justice.

SINCE I REALIZE that God alone has power to judge, I give up all tendency to judge from a personal and prejudiced standpoint. Divine justice is not concerned with personal shortcomings. God in the midst of me judges—not according to personal standards of my own, but by spiritual values.

My good judgment is quickened through the realization that God within me judges all things wisely and well. Knowing this, I shall not be tempted to judge personally or unwisely. Realizing that God is the judge, I shall not undertake to judge myself or others according to personal standards.

The justice of heaven is now at work in all my affairs. The race belief in injustice cannot have any place or power in my experience. I do not think of others as dealing unjustly with me. I do not deal unjustly with them, since I know that God alone must be judge.

I place myself and all my affairs in the keeping of God and under His divine justice.

But with me it is a very small thing that I should be judged of you, or of man's judgment: yea, I judge not mine own self.—*I Cor. 4:3.*

I am now freed from the habit of condemning myself. I abide in the praise of Christ.



WHY SHOULD I, a child of God, condemn myself? Why should I dwell on my personal shortcomings, since I know that in the eyes of Spirit I am perfect and whole? How I rejoice to know Truth, which frees me from all tendency to condemn myself or others!

Abiding in the praise of Christ, I behold myself as I am seen in Spirit. Through eyes of Spirit, I see nothing to condemn. I behold God's perfect man as he exists in Truth. I rejoice to praise God's good within me, which is now coming into manifestation. Abiding in Truth, I see all things as they exist in Truth.

As I praise the good, I see it coming into visibility. God cannot remain hidden from me when in the consciousness of spiritual Truth I declare the word of Truth to which good must respond. I praise the real and the true and the good that is hidden from sight, and behold it manifest as the visible presence of good.

Praising good, I praise God. When I praise, the voice of Spirit within me is given expression. The latent praise of my soul now chants itself in celestial singing.

Neither do I condemn thee: go thy way; from henceforth sin no more.—*John 8:11.*

There is no fear in my heart, because God is there.

I REJOICE to know that the fearlessness and courage of the Holy Spirit are now mine. All belief in fear is cast out of my mind. No thought of fear can cause me to quake and tremble in the presence of any person, any thing, or any situation.

No sense of fear can exist in my heart, because the presence of God is there. Where God is, there can be no fear. Where love abounds, fear cannot exist. I live in the realization that God is ever with me, within and about me, and there is nothing in all this world to fear.

I am not afraid of persons or external things. The Holy Spirit within me is mightier than all things of the world. Nothing in the world about me can cause me to lose sight of the power of God within me. Nothing of the world can make me think of it as able to stir up fear in my heart.

Abiding in the presence of God, I am fearless and courageous. The very courage of Christ fills my heart and urges me to go forward in the accomplishment of my task. Courage infolds me as a mantle, and I press forward undaunted, unafraid.

God gave us not a spirit of fearfulness; but of power and love and discipline.—II Tim. 1:7.

Heaven, the consciousness of perfect harmony, now manifests in my life and in my world.



I LIVE in heaven, in the realization of God's eternal and perfect harmony. My life and my world are harmonious and heavenly, because in Spirit harmony fills them to completion. No belief in disorder or evil can pervade my world, since heaven is in its midst.

In heaven naught can exist but light, peace, Truth, love, life, and plenty. No evil or adverse situation has any place in heaven. No limited condition can exist in my life or in my world, since these are now filled with the presence of heavenly things.

I rejoice to know that heaven is now established in my midst. I no longer believe in the reality of hell, in evil forces, or in evil beings. In my world there is naught but God and His presence. In my life God is now enthroned, just as He is in heaven. No other god has any place in my life. I believe in no other power. God alone has the first and only place.

Living in the conscious realization of the presence of God, I abide in heaven and perfect harmony. Heaven fills my world. As I gain a clearer realization of what heaven is, I find that it manifests in my very midst.

The kingdom of heaven is at hand.—Matt. 4:17.

I now direct my attention to the presence of spiritual light within me—the light of revelation, illumination, and inspiration.



THE LIGHT of Truth now shining bright within me is the source of my intelligence. No sense of ignorance or darkness can abide in the presence of this light. I cannot think of myself as ignorant or as living in the dark when I am conscious of the brightness of this light. I cannot be lacking in understanding when I know that I am one with the wisdom of Spirit within me.

The light of Truth is my light, the inner light of my soul. It illumines my way and guides me in all that I think and do. Wherever I am, wherever I go, there is the light of Spirit. It shines within me and about me, acting as my inner guidance and illumining my path in life.

I abide in the light, in the presence of God. Light infolds me. I resolve not again to think of myself as lacking light. I know that I have but to turn within myself to the presence of God to be conscious of light—illumination, inspiration, revelation.

Light shall shine out of darkness, who shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.—II Cor. 4:6.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

May 20 to June 19

ILLUMINATION

*The Christ mind inspires me with
wisdom and understanding.*

HEALTH


*I am thrilled with the joy of the
Christ mind, and every nerve, muscle,
and cell tingles with the Spirit of
health.*

PROSPERITY

*The joy of the Spirit of plenty fills
my coffers to overflowing.*

FRIDAY, MAY 20

*The healing power of God within me
now does its perfect work, and I am
made whole and well.*

IVING up every belief in disease, I am conscious of the healing power of God within me, conscious of His presence as my life and health. I cease to think of disease as anything connected with me in any way. I do not think of it as having any place or power in my life.

In Spirit I always have been, am now, and ever shall be whole and well. In Truth no negative belief has ever had power to affect the life and health in which God has established me. No adverse belief can keep me from manifesting God's will for me: perfect health.

I live in the consciousness that within me is bountiful health. I have but to turn away from all belief in disease and turn to God in order to be well and strong. As the child of God, I am one with His perfection, His life, His strength. I now claim that which is mine in Spirit. I lay hold of that which is mine in Truth, that which I am in God's sight.

Bountiful health now fills my mind and my body. I cannot want for health, since the healing power of God is at work within me at all times, inspiring me to know God as my life.

I will restore health unto thee, and I will heal thee of thy wounds, saith Jehovah.—*Jer. 30:17.*

The Spirit of prosperity within me inspires me to succeed and to give expression to its riches.

RICH IDEAS now fill my mind, and I am relieved of every belief in lack and failure. I cannot lack for any good thing. I cannot fail in that which Spirit within me directs me to do. In all that I do, I am guided by Spirit, inspired to succeed. No retarding influence can keep me from moving forward into paths of prosperity and success.

The Spirit of prosperity within me is that power which urges me to be prosperous. I cannot believe in poverty and, at the same time, be true to God. I cannot think of myself as a failure and, also, realize that I am a child of God and must succeed in manifesting my Father, All-Good, within me.

I give expression to the rich ideas in my mind by putting them into my life and into my work. In doing this, the very essence of prosperity becomes active in all that I do. When I am prosperous, I am faithful to Spirit's bidding to lay hold of spiritual riches. When I succeed, I am but an open channel through which I permit Spirit to do its mighty work.

Keep therefore the words of this covenant, and do them, that ye may prosper in all that ye do.
—Deut. 29:9.

SUNDAY, MAY 22

*Conscious of the presence of God, I
can relax in His stillness and quietness.*



IVING in the presence of God, I know that no disturbing influence can enter into my life. I realize that nothing can make me irritable or tense. I know that there is nothing in all this world able to cause me to turn my attention from the presence of God within me, the presence of stillness and peace.

I relax from all stress and strain, and I live in the realization that God is ever with me, always within and about me. No situation can prove too much for me. No circumstance of my day's experience can cause me to lose sight of the presence of God. I live in Him, and in Him I am quiet, peaceful, still.

I relax easily because I willingly give up those thoughts which have made me tense. I yield all worry, fear, and resistance. I am willing to rest in the consciousness that all is well and that God is taking care of all my affairs. I know that good is now coming out of my present experience.

Today I hope to know as never before that God is with me in all that I do. I need not be concerned about how He will take care of me.

He leadeth me beside still waters.
He restoreth my soul.

—*Psalms 23:2, 3.*

*I cannot be separated from my good,
because I am consciously unified with
God and with His good wherever it is
expressed.*



ODAY I realize that I cannot be separated from God or His good. I do not believe in separations. I do not hold myself apart from my good. I believe in universal unity, knowing that all the good in this universe is centered in God.

Unified with Spirit within me, I am joined to all that is good, lovely, holy. I cannot want for any good thing when I abide in the consciousness of unity. I cannot live apart from my good when I realize that I am at one with God in the midst of me.

Every belief that would cause me to separate myself from that which belongs to me is now cast out of mind, and I abide in the realization that I am unified with every blessing. My good must be wherever I am. It cannot be lost or withheld from me. It cannot be hidden, because Spirit within me reveals my own to me.

In the consciousness of universal unity, I realize that I am unified with the good expressed in all life.

Behold, how good and how pleasant it is
For brethren to dwell together in unity!

—*Psalms 133:1.*

I give freely of the best that is within me and I draw to myself the blessings of God.



KNOW that by the law of giving-and-receiving I receive according to my measure of giving. When I give the best that is within me, I make myself receptive to the best that God has for me. I give of my love—and love, in increased measure, comes to me. I give my blessings—and blessings, too, are drawn to me.

I need not be afraid that I shall not receive when I make myself an open channel and am willing to pass on the good that comes to me. When I give, I simply send forth the good that God has directed my way. I do not need to withhold the good from another. I give freely, and thus establish freedom in giving-and-receiving in all my affairs.

Giving of my good tends to increase it. When I give, I realize that God is giving through me. God's resources cannot be depleted, neither can mine be when I give in His name. I rejoice to give in bountiful measure and, therefore, to be a channel through which divine bounty pours forth.

In knowing how to give and how to receive, I become an avenue through which the blessings of heaven are expressed to mankind.

What I have, that give I thee.—Acts 3:6.

WEDNESDAY, MAY 25

Christ within me is the source of my light, peace, joy, love, health, and substance.

I GIVE up all belief that Christ is separated from me, away from me, or apart from my existence. I know that He is within me. I realize that His Spirit is ever in my midst and cannot be apart from me. I know that I am one with His light, peace, joy, love, health, and substance.

Christ within me is the very presence and power of God. Nothing in all this world can prove too much for Christ. Nothing of the external world can cause Christ within me to be less than what He is—the one Presence, the one Power.

Christ within me is ever with me. Wherever I go, there is Christ. His presence causes me to know that there is no other reality or presence. His power makes me feel that the so-called power of the world about me is rendered null and void before Him. Within me is that spark of the Divine which causes me to know that Christ is all in all and that that which is of the world is as naught in His presence.

Christ within me now quickens me to realize His presence and power.

Christ be formed in you.—*Gal. 4:19.*

Perfect harmony rules my world. The stillness of heaven rules my mind, my heart, and my world.

I NOW WITHDRAW from all sense of noise, disorder, and confusion. I am detached from all belief in inharmony. I am free from all thought that I am related to chaotic conditions. Beyond the appearance of confusion in the world lie the peace and the stillness of the real and the true.

The stillness of heaven rules me supremely, and my environment is filled with the stillness of God. When I go into the silence, in silent prayer, I contact God and His harmony. When I leave the silence I carry its spirit with me. My world becomes free from noise and confusion because it is filled with the presence of God.

I rejoice to become still in mind and in body and to feel God's abiding presence. I know that, when I am still, I realize God's nearness. His world of peace and harmony is opened to me when in the quietness of my own soul I realize that He is right at hand.

In the stillness of God I find great power. Consciously unified with God in the silence, I am inseparably linked with all that God is and all that He possesses. From the silence I derive great good.

Take heed, and be quiet.—*Isa. 7:4.*

The perfection of God expressed in His children is now made manifest in me.

I NOW clear my mind of all belief in shortcomings. I no longer think of myself as a sinner, a worm of the dust, a creation of evil. I know that in reality I am a child of God and made in His image. I know that in the sight of God I am whole and perfect.

God's perfection as my Father is ever manifest in me, His child. When I cease to think of myself as a child of sin or evil, then am I ready to realize the fact of my innate divinity. When I give up belief in personal shortcomings, then can I know my perfection in my heavenly Father.

God's expression of perfection in me causes me to be filled with His peace, life, and love. I cannot lack anything of God when I abide in the realization that He is ever with me and within me. I cannot think of myself as limited in any wise when I realize the fact of my God-like perfection. I rejoice to live in the consciousness that God is ever within me as a constant reminder of my perfection and wholeness.

As I am perfect in Spirit, so do I now manifest perfection in all ways.

I am God Almighty; walk before me, and be thou perfect.—*Gen. 17:1.*

Through the power and authority of Christ in me, I have dominion over every adverse belief.



THE POWER of Christ within me gives me power over every limited thought and condition. Nothing of the external world can seem to have power over me when I realize that there is but one power—the power of Christ, of Truth. No person or thing can cause me to lose sight of the fact that Christ alone is all-powerful.

The power of Christ's love is an antidote to all belief in hate and fear. The power of His Truth as it relates to life and health renders powerless the belief that I can experience disease. The power of His presence dissipates all belief that sin or evil can be present in my life.

Through God, all power is given to Christ, His Son, now expressing Himself in me. This power is the all-conquering power of peace, love, and Truth. These have dominion and authority over everything in my life. No adverse belief can cause me to think of it as having reality or power when I realize the power of Christ. No limiting thought can have power in my life, since I realize that Divine Mind alone has power.

Let not any iniquity have dominion over me.
—*Psalms 119:133.*

SUNDAY, MAY 29

*The understanding of God's Truth,
now active in my consciousness, frees
me from all false belief. Only the good is
true.*

MY UNDERSTANDING of my true relation to God, of my freedom from evil, of my oneness with all good, frees me from all ignorance and false belief. I cannot believe that evil is true when I know what is true of God, the good. I cannot think that I am bound to adverse conditions when I know that I am free in Truth.

God as Truth sets me free from every concept of evil. The realization of my Godlikeness delivers me from every false belief of the race man. I behold myself as I exist in Spirit. I realize that only the Truth of God is true, only God is real.

The understanding of Truth now working in my consciousness causes me to realize the falsity of all that is opposed to God, the true. I am willing to accept His Truth and to be guided by it in all that I do. I am ready to have His Truth enthroned in my consciousness, so that every contrary thought may be cast from my consciousness.

I abide in that understanding of God in which I know that I live in the eternal heavens of Divine Mind.

God is true.—*John 3:33.*

Through Christ in me, I forgive myself and all others whom I have held in the thought of limitation. Through Christ, we are forgiven.



THE FORGIVING power of Christ in me is mighty to clear from my consciousness every belief in mistakes of the past. His forgiving Truth frees me from all beliefs in limitation that I have held about myself. His forgiving power causes me to lose sight of all mistakes of yesterday, and I see myself and my associates purified and freed through His love.

As Christ's power to forgive is exercised in me, I no longer blame myself for misdeeds, I no longer grieve about sad experiences of the past. Sufficient unto yesterday were the lessons thereof. In the glorious today I find forgiveness, freedom, joy.

Christ, in forgiving, quickens me to feel the presence of that within me which has never thought evil thoughts, never spoken harsh words, never done any deeds unfavorable to Him. There is that within me which has never caused censure, never known grief, and never lacked in joy.

If thou, Jehovah, shouldest mark iniquities,
O Lord, who could stand?
But there is forgiveness with thee.

—*Psalms 130:3, 4.*

The way of Spirit—the path of light, peace, love, health, and success—is now opened before me, and I am attended by the presence of Christ.



AS I GO the way of Spirit, I am conscious of the presence of Christ—light, love, and peace. As I move forward in the path that Spirit has revealed to me, I know that Christ is with me every step of the way. His way is now my way and is one in which I am sure to find every good blessing.

The way of Spirit now revealed to me is the road in which the richest gifts of heaven are to be found. When I go this way, I cannot experience discomfort. I cannot know privation when I go the way of Spirit, the way of success and plenty.

I am guided and directed into that path in which my greatest good comes to me. The wisdom of Spirit directs me to go its way. Therein I realize my divine sonship, my health and prosperity, my richest blessings. In the way of Spirit, I am constantly attended by Spirit. I cannot be without it for even one instant.

I now go the path of Truth,—of peace, light, and love.

To him that ordereth his way aright
Will I show the salvation of God.

—Psalms 50:23.

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The Sunlit Way
Lessons in Truth
All Things Made New
Creed of the Dauntless
Lovingly in the Hands of the Father
The Twelve Powers of Man
Adventures in Prosperity
Miscellaneous Writings
Christian Healing
Be Ye Prospered
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